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# Chargers visit brighten day of rehab patients

by Greg Eichelberger

In an effort to lift their spirits, patients at the San Diego Rehabilitation Institute in La Mesa, and their families, were treated to a recent party with two Chargers' players and a jazz synthesizer band led by Bolts' Director of Security, Dick Lewis.

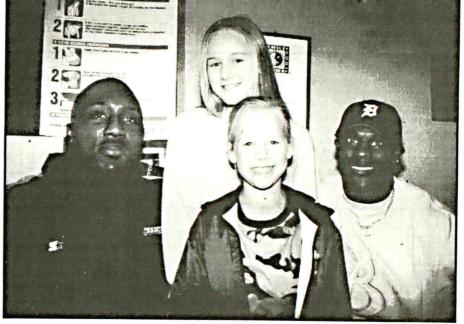
It was all part of a continuing community outreach program being fostered by the team.

The team's performance was not important at this particular bash, as dozens of stroke, brain injury, respiratory illness victims and amputees, among others, and families gathered to meet rookie defensive end Cedric Harden and first-year cornerback Clifford Ivory.

The two signed autographs, talked with and shared memories for more than an hour, even taking time to have photos taken with staff after the event was concluded.

"They were very gracious," said 10-year Recreation Therapist and Jamul resident, Mary Williams. "They were very sweet and we had a wonderful visit with them.

She said that many of the patients waited over 45 minutes for the party to start, and were quite excited turn swooned over him like



Rachel and Rebecca Whiteaker, of Santee, pose with Charger rookies Cedric Harden (left) and Clifford Ivory at a party given by the team for the patients at the San Diego Rehabilitation Institute recently. Photo by Grea Eichelberger

for several days prior.

Williams mentioned the "Comeback Club," a group of former patients who meet regularly to help out others emotionally who are early in the recovery process, and the work the group has done for that cause.

The band, known as "Time Out," featured lead vocalist Lewis crooning soft ballads to the ladies, who in

Rudy Valli or Frank Sinatra in days gone by. An enjoyable time seemed to be had by everyone.

"I had a great time," said Linda Lilley, of Spring Valley, recuperating from a back injury. She thought it was so sweet to see the players, and that when he (Lewis) sang to her, she thought she was faint. She added that it was a that it made him very beautiful experience.

The two rookies thought

it was just as nice for them, as well. "I got a little emotional because I realized that one of these folks could be my mom or dad," said Ivory, who lives in Atlanta and is a graduate of Trov State University

He said that it showed just how much the Lord has blessed him in my life, and

Continued on Page 3

## **Lemon Grove Fire Log**

### Dec. 26, 1998

3200 blk. Acacia St. Medical aid.

7100 blk. Broadway Ave. Extinguished fire.

1300 blk. Glencoe Dr. Medical aid.

8100 blk. Broadway Ave. Laceration.

3500 blk. Columbus Pl. Reset alarms.

### Dec. 27, 1998

1600 blk. Primera St. Illegal burn.

1800 blk. Ensenada St. Vomiting.

3200 blk. College Pl. Reset alarms.

8300 blk. Mt. Vernon St. Chest pains.

1400 blk San Altos Pl. Diabetic problem.

Lemon Grove Wy./Grove St. Assault victim.

### Dec. 28, 1998

4400 blk. Parks Ave. Odor of natural gas/ residential.

8300 blk. Broadway Ave. Public service.

8100 blk. Darryl St. Illegal burn.

4200 blk. Lowell St. Residential structure fire.

7800 blk. North Ave. Laceration.

3700 blk. Massachusetts Ave. Difficulty breathing.

### Dec. 29, 1998

2200 blk. Alton Pl. Bleeding.

8100 blk. Palm St. Fall.

3200 blk. Meadow Ln. Single-engine response.

8000 blk. Orange Ave. Residential structure fire.

Broadway Ave./Hwy 94. Vehicle fire.

7500 blk. Cuyamaca Ave. Residential structure fire.

2800 blk. Buena Vista Ave. Fall.

1500 blk. La Corta St. Residential structure fire.

7600 blk. Broadway Ave. Possible heart.

2800 blk Cypress Ave. Fall.

### Dec. 31, 1998

3200 blk. Acacia St. Medic alert alarm.

2300 blk. Edgerton Dr. Possible stroke.

Broadway Ave./Buena Vista Ave. Bicycle accident.

7100 blk. Broadway Ave. Ringing alarms commercial.

7900 blk. Barton Dr. Possible stroke.

# Lemon Grove Sheriff's Log

### Dec. 14 - 15, 1998

8000 blk. Canton Dr. Petty theft. \$120 value.

Dec. 23, 1998

8000 blk. Palm St. Petty theft. \$200 value.

## Dec. 31, 1998

6500 blk. Federal blvd. Grand theft. \$900 value. 7400 blk. Broadway. Commercial burglary. \$6 value.

Dec. 31 - Jan. 4, 1999

7300 blk. North Ave. Commercial burglary. \$6,300 value.

Jan. 1, 1999

6900 blk. Central Ave. Grand theft. No value given.

Jan. 1 - 4, 1999

7100 blk. Central Ave. Commercial burglary. \$150 value.

6900 blk. Central Ave. Commercial burglary. \$1,900 value.

7000 blk. Russan Ln. Residential burglary. \$300 value. Jan. 4 - 8, 1999

3200 blk. College Pl. Vehicle burglary. \$70 value.

Jan. 5, 1999

7000 blk. Broadway. Vehicle burglary. \$750 value.

Jan. 5 - 6, 1999

3400 blk. Harris St. Petty theft. \$280 value.

7300 blk. North Ave. Grand theft. \$3,000 value.

Jan. 6, 1999

1500 blk. Taft. Residential burglary. \$350 value.

Jan. 6 - 9, 1999

7300 blk. Central Ave. Residential burglary. \$1,280 value.

Jan. 7, 1999 3400 blk. Main St. Robbery. \$5,000 value.

Jan. 9, 1999

7100 blk. Broadway. Vehicle burglary. \$20 value.

6900 blk. Federal Blvd. Robbery. \$475 value



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# The Lemon Grove ?

Box 127, Lemon Grove, CA 91946 • (619) 469-0101

Published Tuesdays and Thursdays Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County December 5, 1949. Entered as Third Class matter in La Mesa, CA

Adjudication Number 155392 \$20 yearly in San Diego County \$40 yearly elsewhere in U.S.A.

### Steven Saint, Publisher

Assistants to the publisher: Cheryl Cohen, Trudy Thomas Sports Editor: Mary Rosen Contributing writers: Cheryl Cohen Michael Krawczak, Joe Naiman. Paul Treske, Betty Jo Tucker. Jason Williams

### Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

### **Advertising**

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance

## Lemon Grove Almanac

1994 Population: Incorporated: Area:

1977 3.75 sq. mi. Median income: \$34,399 1996-97 city budget: \$26.3 million 1996 taxable sales: \$265 million

25,100

Mayor: Mary Teresa Sessom

Council: Thomas Clabby Craig Lake **Dwight Shelley** Jill Green **Doug Yount** 

City Manager: Planning Director: Linda Niles City Attorney: City Clerk: Sheriff's Capt .:

Gloria McLean **Christine Taub Yolanda Collins** 

Congressional district: 52nd - Duncan Hunter State Senate district: 40th - Steve Peace State Assembly district: 77th - Steve Baldwin Supervisorial district: 2nd - Dianne Jacob

Libraries: Post offices: Parks Recreation centers 1





## Jupiter visible in daylight Thursday

On Thursday, there's a chance to see Jupiter in daylight. A few minutes before sunset, locate the crescent moon well up in south-southwest. From all of U.S. except Alaska, Jupiter is 2 to 3 degrees from the moon.

Look to the moon's upper right from most of the country. If the sky is sufficiently clear, binoculars will easily show Jupiter by the time the

As the sky darkens, Jupiter is prominent near the moon. During evening hours until they set, watch the moon drift slowly relative to Jupiter.

## PUBLIC NOTICES

NOTICE OF PETITION
TO ADMINISTER
ESTATE OF: CHARLES
CALVIN GROVE AKA
CHARLES C. GROVE
CASE NO. P173932
To all heirs, beneficiaries, creditors, contingent
creditors, and persons who
may otherwise be interested in the will or estate, or
both, of: CHARLES CALVIN GROVE AKA CHARLES
C. GROVE

both, of: CHARLES C'ALVINGROVE AKA CHARLES
C. GROVE
A PETITION has been filed by MARSHA ANN COOK in the Superior Court of California, County of San Diego.
THE PETITION requests that MARSHA ANN COOK be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The WILL and any codicils are available for examination in the file kept by the court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

should not grant the authority.

A HEARING on the petition will be held on February 1, 1999 at 1:45 P.M. in Dept. 35 located at 220 West Broadway San Diego CA 92101-3409.

If YOU OBJECT TO the greating of the petition,

Diego CA 92101-3409.

IF YOU OBLECT TO the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above. above.
YOU MAY EXAMINE

YOU MAY EXAMINE
the file kept by the court. If
you are a person interested
in the estate, you may file
with the court a formal
Request for Special Notice
of the filing of an investory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special Notice form is available from the court clerk.

court clerk.
Attorney for Petitioner:
Daniel B. Crabtree, Esq.
Crabtree & Crabtree
3143 Fourth Ave.
San Diego CA 92103-5802 01/12, 01/14, 01/19

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# Free **t** Tuesday Live! Box Ads



Free reader advertising boxes are now being offered in our six Tuesday Live publications. We encourage sports, recreation or fitness items, but, hey, advertise your yard sale if you want.

New Garage sales OK send 10 days ahead

Banquet Facilities La Mesa Community Center: Available for wedding receptions, private parties ranging from 100 to 600 people. Features: kitchens, tables, chairs, dance floors, stages, BB's. Call 667-1307.

EXERCISE EQUIPMENT: Aerofit walker with monitor and video, \$100; adjustable slanted abdominal bench, \$35; Bollinger Trimrider, \$50/best. Call Rod after 4 p.m. 670-9617.

MEET QUALITY SINGLES who fit your top criteria. You select criteria, we set up a nonthreatening event where you can meet. CAPTURED DREAMS, 492-8971.

BRIDAL FAIR: East County Bridal Fair looking for exhibitors for September Bridal Fair. Florists, D-Js, photographers, Bridal Consultants, gowns, etc. Please call Adolfo

at 667-1307.

**EXERCISER:** Weslo Cardio Glide, with console, new, in box, never used, \$60. 445-5898.

WANTED: Yashika FX2 Camera, or similar to it or can adapt to Yashika telephoto and wide angle lenses. 462-8485.

AVAILABLE

ONLY FIVE BOLD WORDS Items are limited to 30 words or less. Phone numbers count as one, hyphenated words as

two. Our current Tuesday Live circulation is at least 5,000 per week.

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DACHSHUND AKC mini puppies, health guar, home raised, \$375, 443-0025.

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

1986 Dodge Colt: Have all papers on repairs. It's a deal you must see to appreciate - needs some repairs. This would be a steal for a good mechanic. Call weekdays after 6 p.m., all day Sat. - Sun. 449-2586.

WINE TASTINGS: Wine enthusiastic forming wine tasting circle in/near East County. CALL Rich for details. 466-9911

PARAKEETS: one male, one female. 6-months-old. Cage, accessories, some foods. All for only \$69. Call before 10 a.m. or after 8 p.m. 449-9344.

TREADMILL: Icon, wide belt, includes speed, time, pulse, calories, safety clip, \$375. Weekdays, 9 a.m. - 5 p.m. 563-9703.

Stroke, head injury: Every 15 seconds, a stroke or head injury changes life. New "Brain Injury Guide Manuals," by local author - can help guide you, loved ones or patient towards recovery. 390-5828

TIRED OF SMOKING? Join the thousands like yourself that quit in 7 days with all natural. "Smoke Away" Guaranteed. 1-800-611-5930. xca 7742-2.

EL CAJON 55 & Better Senior mobilehome park, quiet serene atmosphere w/pool, jacuzzi, potlucks, bunco, and caring management team. 1, 2 and 3 BRs. Call 562-5755 to see your new home.

Full contact football players needed for the upcoming 1999 season. Must be a least 18 years old and have recent experience. For more information, contact us via e-mail at sdshockwave@hotmail.com

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11	12.	13	14	15 20.	

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\_\_\_ 24. \_\_\_\_\_

Classification desired

Message

Name

Phone number

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# YMCA wellness fair seeks to strengthen families

Davis/Grossmont swimming, water exercise Family YMCA free wellness fair will be held from 10 a.m. - 1 p.m. on Saturday.

Those who join the YMCA at the wellness fair will save half off the membership joining fee - a savings of up to \$38.

The Y believes that it is the place to be for families who want to strengthen their bodies, minds and spirits.

To help families commit to their New Year's resolutions, the YMCA in La Mesa will be hosting this annual open house and wellness fair which focues on families.

Children and adults will benefit from the Children's 10 Mobile vision tests, osteoporosis and stroke prevention information, immunization information, DARE information provided by the La Mesa Police Department, nutrition information, MADD and the American Cancer Society.

The YMCA is offering selected free aerobic fitness classes, yoga classes, lap

and weight training, which began Jan. 11 and culminates on Saturday at the wellness fair. Call the YMCA at 464-1323 for more details on this special offer.

Each week, the Family YMCA offers eight specialized senior aerobics classes called "Stretch and Tone."

The classes emphasize flexibility, relaxation, muscular strength and conditioning exercises and has a light cardio-vascular component.

Hour-long classes are offered Monday through Friday mornings. The Y also offers Yoga classes on Wednesday and Friday evenings.

Water exercise in the the Y's heated, outdoor swimming pool is one of the most popular senior activities at the facility.

Water exercise helps maintain flexibility, increase muscular strength and strengthen the cardio-vascular system, but is easy on the

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Water exercise is held at offers fitness classes for various times Monday through Saturday-

The La Mesa YMCA also offers reduced membership rates for seniors.

The East County Family YMCA is a full-service facility located in La Mesa just off the 125 freeway at 8881 Dallas St. in La Mesa.

adults ranging from yoga to Aikido, sports, childcare. martial arts, swimming. gymnastics, camp, youth and government for children and many specialty programs for seniors.

Free tours of the YMCA will be offered throughout the month of January. For more On a regular basis, it information call 464-1323.

# Cajon Speedway banquet to honor year's winners

by Joe Naiman

annual Cajon Speedway awards banquet will be held this year at the Mission Valley Marriott on Jan. 30 to honor the top drivers and car owners of the 1998 season as well as announce the rookie of the year, best looking car and most improved driver in each class.

It will start at 5 p.m. with joints and connective tissues. a no-host bar prior to dinner

at 6:30. The program commences about 7:15 followed by dancing until about 1:30 a.m. and a drawing for door prizes.

Danny Grill, the director of NASCAR's Featherlite Southwest Tour, will be the speaker at the banquet.

Tom McGrath, the public address announcer at the Cajon Speedway, will be the emcee at the banquet.

The festivities will also see the presentation of the Chris Trickle Fan Favorite Awards to the drivers who earned the most fan votes in each class.

Becky McBride, the coordinator banquet, stated that additional special awards would be held as a surprise until the awards night.

In addition to the awards and Grill's speech, there will also be a short tribute to Dennis Vowles, the Cajon Speedway's starter who passed away shortly after the end of the 1998 season.

The banquet is held in January but celebrates Cajon Speedway's previous season, and this year's affair will have a theme of celebrating NASCAR's 50th anniversary, founded in 1948.

Cost of the dinner and banquet is now \$32.50 per

Tickets may be purchased by visiting Fred Perry at the track or by calling 442-1341.

## Rehab

thankful, indeed.

him that he could end up in rehabilitation one day, if he suffered an injury on the gridiron.

"If I do have to undergo surgery or a long recuperative period, I'd certainly like to have people come and visit me, whether family or friends - that's really important," he commented.

Brian Devel, 8, son of don Devel of Lakeside, was one of a handful of children there who appreciated the gesture as much as anyone else. He said it was the closest he had ever been to a professional athlete and he was ecstatic.

### Continued from Page 1

Rebecca (8) and Rachel It was also not lost on (12) Whiteaker of Santee. visiting a family friend, were just as enthusiastic.

"The players were so nice to the kids," said their mother, Betty Whiteaker, "It's something they will never forget."

Williams indicated that more programs with the Chargers are planned in the future

"It's very important to give these people all of the assistance we can, both physical and mental," she added.

She also noted that the players and the band just made that process a little more special for all of us.

## Commentary Leave it to the refs

by Mary Rosen

This season in football, both at the college and professional level (and possibly at the preps, too), there has been an increased pressure to bring in instant replay.

The reasoning is that too crucial plays are too often muffed

I agree, but still believe that instant replay should be "up to refs" and not fall on the coaches as it was the last time it

What is needed is a referee who would be stationed in the press box (suitably isolated), who's sole job is to take a look at the replays rapidly, which the TV station these days does almost instantly whenever any "call" might be dubious.

If he spots an obvious error, especially in a crucial "game decider," he should be able to call the error to the attention of the referee on the field who would then have his miniconference to look at the replay himself. (Remember, the TV replay may not be able to really show that the call was wrong.)

Obviously, the spotter official (why not?) has to have good judgement to be able to know when the TV may have "lied" by having as poor an angle as the referees on the field and be able to do so very quickly so as to hold up the game no more than

Since that official is farther removed from the emotion of the game, he should be able to make that kind of decision more easily without the pressure of players and coaches involved from their partisan viewpoint.

Incidentally, that person could also be a "she," for those same reasons.

After all, the refs don't like to be made to appear to be biased or just plain incompetent when they "blow one."

On a related subject, why is it that the National Football League, with its obvious wealth, does not want to hire the refs on a full-time basis. The excuse that they would only be working half a year doesn't hold water, as the teams pay their players for only the same length of time.

## East County high schools sports schedule

(as available)

Tuesday, Jan. 19 - Tuesday, Jan. 26 Check with schools for times

Tuesday (1/19) - Boys Soccer: Christian at Madison, Girls at Mountain Empire

Wednesday (1/20) - Girls Soccer: Christian vs. Madison (Boys at opposite site

Thursday (1/21) - Wrestling: Monte Vista at Mount Miguel Valhalla at Granite Hill, El Cajon Valley at West Hills, Grossmont at Santana, El Capitan at Helix. Boys Soccer: (Girls at opposite sites) Helix at Valhalla, Granite Hills at Mount Miguel, Grossmont at Santana, West Hills at El Capitan, Christian at Coronado (boys only). Girls Water Polo: Granite Hills at Monte Vista.

Friday (1/22) - . Girls Basketball: (Boys at opposite sites) Santana at Grossmont, West Hills at El Capitan, Mount Miguel at El Cajon Valley, Monte Vista at Helix, Valhalla at Granite Hills, Christian at Hoover (Boys also at Hoover). Girls Water Polo: Grossmont at Valhalla.

Tuesday (1/26) - Boys Soccer: (Girls at opposite sites) Helix at Granite Hills, Valhalla at Monte Vista, El Capitan at Santana, El Cajon Valley at Grossmont. Boys Soccer: Christian vs. Crawford, Girls Basketball: (Boys at opposite sites) Grossmont at El Cajon Valley, Santana at El Capitan, Valhalla at West Hills, Helix at Mount Miguel. Monte Vista at Granite Hills, Christian Girls and Boys at Marian. Girls Water Polo: Valhalla at Granite Hills, Grossmont at El Capitan,

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